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MEDICAL DON'TS;

OR,

THE PHYSICIAN'S UTILITY ENHANCED.

BY

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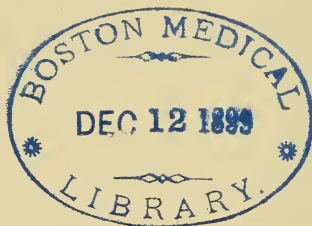
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DON'T imagine that the author thinks that you have time or inclination to read a

PREFACE;

yet, because of its brevity you may glance at this one and certainly not be injured thereby.

It is the author's hope and desire that you may be benefited by the book.



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MEDICAL DON'TS.

GENERAL CONSIDERATIONS.

1. Don't think that the writer is vainglorious enough to imagine that he can make a physician of you by reading this little volume.

2. Don't expect to be taught anything except the avoidance of disease, and the rational course, in the majority of instances, whereby to avoid serious results from apparently trivial causes.

3. Don't imagine that disease is an entity, or anything further than a mere change from the natural course of things.

4. Don't infer because a certain remedy cured a case similar to yours, that it will positively cure you.

5. Don't conclude because a certain line of treatment helped you in a previous instance, that it must necessarily do so again.

6. Don't attribute a recovery to the last medicine employed, because the disease may then have run its course.

7. Don't disregard experience which has shown you that a certain class of food, or a certain line of conduct, has injured you.

8. Don't, under any circumstances, believe the printed statements of "wonderful cures" made by advertising quacks, as they are the results of self-deceit, deliberate fraud, entirely fictitious, or the consequence of a desire to see one's name in print.

9. Don't trust anyone who "guarantees" to cure a case, no matter how simple ; such a person is as unworthy of confidence as is the shyster who guarantees to win a case in court. Remember that the human frame is not a machine subject to mere mechanical laws, consequently it is not amenable to any one particular line of treatment in disease.

10. Don't think that our duties in the preservation of health apply only to ourselves.

11. Don't neglect to constitute yourself a public protector by thrusting into the gutter every banana- or orange-peel you may encounter on the sidewalk.

12. Don't conclude "*post hoc ergo propter hoc*" in medical matters.

13. Don't forget that in medical matters a stitch in time may save nine hundred and ninety-nine.

14. Don't read medical books, except those that teach the intelligent avoidance of disease.

15. Don't allow the passions to overcome the reasoning faculties.

16. Don't suppress such passions as are enobling, but subdue the most destructive ones—anger, hate and fear.

17. Don't forget that the exercise of the passions, even the legitimate ones, is dangerous to those advanced in years and to unripe constitutions, while they should be entirely harmless to full-grown, robust adult age.

18. Don't forget that moral defects are as often the cause as they are the effects of physical faults.

19. Don't take excessive heed of a pulse made rapid by excitement or exercise.

20. Don't, if you can avoid it, enter a hospital unless it is on the pavilion or cottage plan.

21. Don't forget that, in the majority of instances, the most valuable drugs are not sold in drug-stores, but are free to him, her or it, who would take them from God's green fields.

22. Don't think that man is destined to die with any more pain than that which he experienced when he was born ; the few who lead a physiological life die physiologically "when their sands have run out."

23. Don't use alleged "disinfectants" that simply smell stronger than the odors you desire to abate.

24. Don't underestimate the value of large supplies of fresh air and huge quantities of water as disinfectants.

25. Don't you think that the merry Grecks were right in deeming prolonged grief an offense and sadness insanity ?

26. Don't use a tongue-scraper.

27. Don't forget the import of the answer given by a celebrated physician when asked by a lady whether the doctor was not usually called too late. "Yes, m'am," answered he, "several generations too late."

28. Don't believe that because any line of indiscretion or excess has not, apparently, injured you, that it will not do so eventually.

29. Don't forget that "every indiscretion in youth is a conspiracy against old age." (Cardinal Richelieu to the Duc de Valois in "*La Vie et La Mort*," by Dionois, Paris, 1706.)

30. Don't hesitate to call disease "sin;" it may be your sin, your parents', your grandparents', or great-grandparents'; it *is* sin.

31. Don't misunderstand the word *atavism*, which means nothing less than the re-appearance of a disease, or a peculiarity, in a family, after one or two generations have escaped it.

32. Don't continue to strive to earn money when you are advanced in years; devote the remainder of your life to entertaining occupations, preferably for the benefit of humanity at large, and thus avoid premature death, or perhaps paralysis, which may leave you a helpless imbecile and a burden to others.

33. Don't eat much meat, and increase its quantity only gradually, when convalescing from a fever.

34. Don't eat animal food when recovering from an

attack of yellow, coast or Chagres fever ; but make it a rule always to eat rather less meat than you believe your stomach will bear.

35. Don't think that one attack of yellow fever, coast or Chagres fever, protects against another.

36. Don't forget that in inflammatory diseases, rest is the basis of all treatment.

37. Don't think that chronic rheumatism of a joint compels you to abstain from all use of the limb ; this abstinence may make it entirely useless. If your strength has become so exhausted by disease that you cannot use the limb, employ passive motion.

38. Don't deem frivolous the desire so prevalent with physicians to introduce refined tastes and amusements ; they tend to prevent a patient from pondering upon and thus intensifying his ailments.

39. Don't fail to take heed by the valuable lessons taught us by modern antiseptic surgery. If your doctor is not a believer in antiseptic remedies, he will acknowledge that the scrupulous cleanliness incidental to the use of antiseptics, has done much toward obviating the evil results that so often formerly attended surgical operations and serious wounds

40. Don't delay your consent to serious operations—as for instance tracheotomy (in croup or diphtheria), or for strangulated hernia—until it is too late.

41. Don't disregard the dangers of peritonitis when you feel so very humorous that you would like to strike someone in the abdomen.

42. Don't forget that in diseases when alcoholic stimulation proves most valuable, the abstainer has chances superior to those of the drinker.

43. Don't be such a coward that you cannot refuse an invitation to drink.

44. Don't drink whiskey in cold weather; *alcohol lowers the body-temperature.*

45. Don't imagine that strong persons have the best chances of recovery from febrile diseases; the fever in vigorous persons is usually much higher than in weaker ones.

46. Don't chew anything that you do not intend to swallow.

47. Don't fail to have your urine examined microscopically and chemically once every three months, if it is only for the purpose of being assured that your kidneys are in healthy condition, or if it should be

otherwise, that early remedial means may be adopted. Few diseases are as insidious in their approach as affections of the kidney.

PHYSICIAN AND PATIENT.

48. Don't imagine that physicians object to having their knowledge shared by patients. The more the latter know of anatomy, physiology, pathology and therapeutics, the more conscientiously will they comply with the physician's orders.

49. Don't believe that physicians prescribe in Latin to prevent their patients from knowing the ingredients of their prescriptions.

50. Don't get angry with a physician who promises to treat you "*as well as a charity patient in a hospital*," for they receive the best possible treatment.

51. Don't ask your physician to show you "printed authority" for the treatment he adopts in your case.

52. Don't accept the advice of a physician whose knowledge and experience do not suffice for him to treat you without "consulting the authorities" (books).

53. Don't expect your case to be treated otherwise than by its peculiarities as they arise.

54. Don't accept the services of a physician who decries the modern instruments of precision (particularly in diagnosis) as "new-fangled jimcracks."

55. Don't condemn a physician for treating you honestly ; as, for instance, in candidly telling you that you require no medicine, when you really do not need it.

56. Don't despise a remedy when it is ordered you in the shape of free air, bathing, exercise, etc.

57. Don't suggest the proper line of treatment to your physician.

58. Don't expect a good practitioner of medicine to know all about your trade or business, except as far as its influences on your health are concerned.

59. Don't judge that because you know how to sail a yacht, drive a horse, make a coat, or trim a bonnet, that you know all about medicine.

60. Don't fail to ask your physician for a complete record of your case when it is over.

61. Don't neglect to pay your physician for above

service, in addition to the bill he renders you for purely professional services.

62. Don't lose the records of each case that occurs in your family ; but preserve them, as they will prove invaluable to the physician for use in future cases.

63. Don't accept the prescriptions of any but physicians, because it is impossible that the principles of the healing art can be learned otherwise than from professional teachers.

64. Don't attempt to prescribe for others, no matter how often you have used an apparently innocent remedy ; it may seriously injure, and even kill, under adverse circumstances.

65. Don't ask a druggist to prescribe for you.

66. Don't accept medical advice from a druggist ; for, if he is honest, he will confess that he knows how to compound drugs, but that prescribing is the physician's avocation.

67. Don't imagine that medicine must be disgusting to do good.

68. Don't decline to take a drug merely because it is not palatable.

69. Don't deprecate the tendency prevalent among

physicians to give new names to diseases; their purpose is to devise significant distinctions. Thus, "the black death" is now malignant typhus; "the great plague of Athens" we know now as malignant scarlet fever; while in "Constantinople's plague of 543" (described by Procopius and Euagrigius) we recognize our modern cerebro-spinal meningitis (inflammation of the lining membranes of the brain and spinal-cord).

70. Don't use technical terms which you but partly understand in describing your symptoms to a physician.

71. Don't consider it more elegant to say "gastro-enteralgia," when you mean stomach-ache.

72. Don't take it for granted that a medical diploma is, in every instance, a patent of dense ignorance.

73. Don't decry irregular practitioners as *complete* humbugs; remember the homœopathists showed us that most pneumonias can be cured by supporting the patient; the ecclectics taught us that it is not necessary to poison our patients with mercury; and the dosimetrists showed us the value of active drugs given in small doses frequently repeated. While these matters are very valuable in themselves, they do not justi-

fy the exclusion, in the treatment of diseases, of scientific methods—the result of experience. Thus, mercury when required, and used with caution, can do no harm ; blood-letting may be necessary in isolated cases of pneumonia, apoplexy, etc., and it would be silly to attempt to combat a tropical coast fever with infinitesimal doses of quinine.

74. Don't speak of your physician as an "allopath." To call him a "physician" is to distinguish him from those who follow out, or claim to follow out, any one special method of treatment. The term "allopath" itself, is a fanciful one, and was invented by Hahnemann to stigmatize physicians who did not adopt his theories, as people who directed their energies against health.

75. Don't imagine that physicians direct their studies only to the *cure* of diseases ; their prevention and the teaching of preventive means is the physician's most important duty.

76. Don't think that it requires less skill to recognize health, than it does to diagnose disease.

77. Don't send for a physician between midnight and 3 A. M. to learn whether or not it would be well to give Johnny some castor-oil in the morning. Even

if you paid him princely fees for this wanton manner of disturbing his rest, you detract from the alacrity with which he would otherwise serve you in an emergency.

78. Don't instruct your physician ; if he requires instruction from you, you should dispense with his services, and retain one who knows more than you do about diagnosis and treatment.

79. Don't ask your physician to fix a date for your recovery, it depends upon too many eventualities.

80. Don't hesitate to send for your physician when you are ill ; he will not be annoyed at having to make long, arduous trips if only to assure you that your alarm was unnecessary. Under such circumstances he is as much entitled to his fee as if he prescribed.

81. Don't believe that a physician is compelled by law to give his services whenever called upon to do so, nor condemn a physician as brutal or selfish when he is too busy or too ill to give his services in an emergency.

82. Don't think that a physician is compelled to testify in your favor, even when you pay him for his opinion.

83. Don't believe that it is a physician's duty to give expert testimony without compensation.

84. Don't ask a physician to violate the laws of God, Nature and the State.

85. Don't trust a physician who will expose any patient's secrets.

86. Don't ask a physician to violate a professional confidence, even if you desire such violation for the purpose of securing a divorce.

87. Don't call your physician otherwise than "Doctor." As soon as you grow so familiar with him that you feel justified in addressing him by his surname, or given name, it is time to seek the services of another physician to whose knowledge you can tribute due respect.

88. Don't fall in love with your physician; though you be the most beautiful woman in the world he cannot regard you with anything but the same intense professional interest that he bestows upon his most wretchedly ugly patient. This rule is subject to exception when the physician and patient are unmarried (Not copyrighted).

89. Don't believe that a physician makes invidious

distinctions between wealthy and poor patients, or because of race, nationality or religious creed.

90. Don't imagine that any good is accomplished by dilating upon the fact that you are of "good family;" physicians when told that wearying tale are not prone to be more attentive to you than otherwise, because it is a well-established fact that people who are really of good family never mention it, but show it by their conduct. If you persist in vaunting the merits of your ancestors you will cause the physician to suspect that all good in your family was buried with them.

HYGIENE.

91. Don't pin your faith to drugs alone, without giving proper attention to physiological and hygienic measures—that is, proper regulation of diet, temperature, duration or proportion of work and recreation, rest and exercise, personal cleanliness and moral influences.

Mental Work.

92. Don't allow worry to weaken your mental and physical powers. It kills more readily than excessive work.

93. Don't engage in work that entails excessive mental or physical strain.

94. Don't pursue any line of mental labor exclusively, but vary it as much as possible.

95. Don't endeavor to rest the mind by absolute inactivity; let it seek its rest in work in other channels, and thus rest the tired part of the brain.

96. Don't do your brain-work in a state of worry or in the heat of passion ; your judgment suffers and in endeavoring to concentrate your mind on the work before you, you do it with direct injury to yourself and your work ; it were better first to take a walk, or temper your sympathetic nervous system by some moderate muscular exertion ; slight bodily fatigue will oftentimes properly trim the mental ship.

Education.

97. Don't be satisfied with a superficial knowledge of hygienic science, but give attention to the most minute details, and the constant rigorous application of hygienic principles, if you desire to attain the striking results and steady progress that Hygiene promises.

98. Don't underrate the influence of education upon

the masses and upon individuals. The better the education of a people, the higher its hygienic standard and the less its diseases, because of the intelligent and industrious avoidance of their causes.

99. Don't fail to note (preferably in writing) each instance that you observe, where ignorance or superstition has been the cause of disease.

100. Don't overlook the fact that the greatest scourges which afflict humanity in the form of communicable disease, originate in, and are perpetuated by, the uncleanness of individuals or communities. Properly educated people are not exposed to the "filth-diseases," which entail great suffering, cause terrible disfigurement, and reduce the population.

101. Don't forget that in the matter of education, a careful balancing of mental and physical exercise is the fundamental element of human progress; that the most highly developed race, the ancient Greeks, combined physical and mental gymnastics in their schools. The Romans said: "*Mens sana in corpore sano*," as they divided their time between the Campus Martis and the Forum, with its Rostrum.

102. Don't fail to have your children taught physi-

ology by teachers (preferably physicians) who can communicate the practical applications of the study.

Labor.

103. Don't direct special mental or physical energies to more than eight hours work each day.

104. Don't indulge in idleness.

105. Don't, because you have earned a competence, conclude that you are entitled to retire from active life ; intensify the enjoyments that leisure may bring by selecting some occupation which is best calculated to benefit humanity.

106. Don't continue at your business or work when your appetite fails, when your temper grows peevish or irritable, when your sleep is disturbed, when your heart palpitates strongly and your pulse grows intermittent. Under these circumstances, consult your physician, and if he gives you drugs and allows you to continue your work, throw him to the dogs with his physic.

107. Don't exercise charity in a manner that encourages idleness ; to give work is more charitable than to give money ; money given to people who are able to

work encourages idleness, which is productive of disease ; work conduces to personal and public health.

The Seasons.

108. Don't forget that healthy persons generally lose weight in winter and gain in summer.

109. Don't disregard the dangers which abrupt variations of temperature during the changes of season may bring with them.

110. Don't torture the body with heavy clothing in summer.

111. Don't eat as much in summer as you would in winter.

112. Don't expose your babes, nor your grown children, nor yourselves, bare-headed to the direct rays of the sun ; not only the caloric rays can be hurtful, but prolonged exposure to the luminous rays may produce an inflammatory condition of the integuments of the brain.

113. Don't neglect any means in your power to maintain an equable temperature in your house. (About 65 degrees Fahrenheit may be deemed a safe standard in this country.)

114. Don't consume as large a quantity of animal food in hot climates or in summer as you would in a cold climate and winter.

Exercise.

115. Don't indulge in excessive physical exercise ; instead of promoting health it will detract from it.

116. Don't indulge in rash or violent feats of any kind.

117. Don't disregard the warning conveyed by sudden deaths of men in "splendid physical condition," the results of over-training for boat-races, running or leaping-matches.

118. Don't forget that the heart is a muscle, and in developing the voluntary muscles to excess the heart is also excessively developed.

119. Don't consider moderate and regular exercise other than as a medicine to be judiciously employed, but not abused.

Imitation.

120. Don't disregard the injury that has been done to entire communities and countries by diseases of imitation.

121. Don't expose the young and impressionable to the diseases depending upon imitation and moral contagion.

122. Don't neglect to check immediately all imitative acts and performances, even if they lead to nothing further than extravagant gestures and burlesque of deformities.

Drainage.

123. Don't remain in a dwelling about which you notice upon entering even ever so slight a smell of liquid or solid detritus, which you know breed typhoid fever, scarlet fever, erysipelas, diphtheria, and many other dangerous diseases.

124. Don't forget to examine the closets and drains of your lodging, not only when you move into it, but frequently while you remain in the house.

125. Don't live in a house unless its drains are properly trapped.

126. Don't begrudge the expense of fifty cents for a rubber tube to attach to the water-cock nearest the closet. Let the water run freely through the latter for at least half an hour three times a day or oftener.

127. Don't sleep in a room provided with stationary washstands.

128. Don't remain in an hotel where even ever so slight an odor of excrementitious matters in any part of the halls, corridors, passages or apartments, is perceptible ; many lives are sacrificed through typhoid fever acquired by a brief stay at an hostelry in which this defect in drainage was apparent, but which was seemingly perfect in its outward elegance and magnificent interior arrangement.

129. Don't say that "Cleanliness is next to Godliness;" it is *a part*, and the most important part, of Godliness.

Atmosphere.

130. Don't live in a crowded quarter of the town ; even in the best appointed house your health will suffer ; the air you breathe must be contaminated ; it habitually contains less ozone, the result of its having been breathed over and over again by men or animals.

131. Don't allow any solid, liquid or gaseous substance, that offends the smell, to be admitted into closed apartments.

132. Don't neglect to fully provide for the escape of

foul air by outward drafts, such as are principally supplied by the good, old-fashioned fire-place.

133. Don't neglect to examine the surroundings of your dwelling with a view towards eliciting its sanitary condition ; the apparent healthfulness of a house and the perfectness thereof may be all that is desired as far as construction and interior arrangements go, but the neighborhood may teem with noxious effluvia of the soil from overcrowded dwelling-houses, or from fumes and liquid discharges of factories.

134. Don't go into a cellar or a deep well in which a candle will not burn.

135. Don't leave any means untried to remove a person to the fresh air who has become unconscious in a cellar or any other place made untenable by foul air. (See "EMERGENCIES.")

Bath.

136. Don't use cold baths in hot climates, but give preference to tepid baths or spongings, to facilitate the action of the skin.

137. Don't bathe in rivers that have tides, except when the latter are flush.

138. Don't believe that perfect action of the skin

can be obtained otherwise than by thoroughly washing the whole body.

139. Don't immerse yourself or your child in water so frequently as to induce debility.

140. Don't indulge in hot-water, Turkish or Russian baths to excess.

141. Don't disdain the facility for cleanliness which the daily use of the sponge-bath affords.

142. Don't neglect to rub the entire skin into a glow when changing garments moistened from any cause.

Garments.

143. Don't fail to change garments, wet with water or perspiration, as soon as possible.

144. Don't wear garments that fit tightly, are inconveniently heavy, too cool, or too dense.

145. Don't neglect to make an entire change of garments before retiring and on rising.

146. Don't wear any bands or constrictions that may interfere with the course of blood in any part of the body.

147. Don't say that your corset is loose, because by

forcibly drawing in the abdomen you can insert your hand between it and the corset.

148. Don't use inner or outer garments colored with irritating dye-stuffs.

149. Don't use red stockings, or under-garments of any kind, that produce an eruption of pimples on the skin ; the dye is coralline, one of the aniline colors, prepared with arsenic, and often constitutionally poisonous. Fortunately it is not soluble in water or in perspiration ; otherwise its effects might prove very serious.

150. Don't wear anything next to the skin except wool of a natural color, which is the best non-conductor and keeps the body-temperature even, while it is porous enough to allow free evaporation from the body and free access of air to the skin.

151. Don't mistake weight for warmth in clothing ; feeble people may be worn down by heavy clothing and yet be less sheltered than those who wear light woollen fabrics, both as inner and outer garments.

152. Don't prefer a heavy, padded overcoat, to a light fur jacket.

153. Don't wear dark clothes in hot weather, be-

cause of their greater readiness to absorb heat, and, on coming in the shade, to lose it more quickly than light-colored clothes would. Thus, by using dark clothes, one is more exposed to sudden chills with all their possible consequences. Europeans in tropical countries, therefore, quite properly, generally wear white or light grey clothes.

154. Don't wear dark clothes in very cold weather because of the readiness with which they eliminate body-heat ; the Russian and Siberian great-coat is invariably of a light-grey color.

155. Don't cultivate headaches, catarrhs, etc., by wearing rubber overshoes, unless when required to keep the feet dry. Take them off at once on the threshold of every house you enter.

156. Don't wear pointed shoes, which have a tendency to dislocate the second toe upwards and to produce ulcerations, sometimes so severe that they demand amputation.

157. Don't wear a shoe the sole of which is not broader than the outline of your sole when pressed by your full weight upon a piece of paper and marked with a pencil.

158. Don't wear high heels ; women who wear them publicly advertise the fact that they seek or wish to maintain serious womb troubles.

Light.

159. Don't overlook the fact that plants, though provided with heat, moisture and sufficient food, grow pale when deprived of light, and thence deduce that for a proper growth, all nature needs the chemical action of light as well as its concomitant heat.

160. Don't keep the parlor dark, unless you value your carpet more than your and your children's health.

Sleep.

161. Don't hesitate to avail yourself of every opportunity to rest at mid-day during hot weather ; follow the example of the denizens of hot regions, who quite rationally indulge in the needed " siesta."

162. Don't delude yourself into the belief that you are an exception as far as sleep is concerned ; the normal average of sleep is eight hours.

163. Don't miss an opportunity to sleep from ten at night to six in the morning (" Beauty sleep").

164. Don't sleep at an open window ; the tempera-

ture may suddenly fall and produce Bell's palsy, if nothing worse.

165. Don't indulge in mental or physical exercise or food or drink that could produce excitement, excessive fatigue, or exhaustion, before going to sleep.

166. Don't take any but the best ventilated and most equably warmed room in the house for a bedroom.

167. Don't allow the temperature of the sleeping-room to rise above or fall below sixty degrees Fahrenheit.

168. Don't sleep in foul air, but seek the cause thereof, which may be lack of ventilation, influx of noxious emanations from the outside, as from closets, stables, manure-heaps, drains, marshes or pools.

169. Don't allow a number of people to occupy the same dormitory, unless efficient means are provided for the removal of the breathed air and the influx of sufficient pure atmosphere for inspiration. Jean Jacques Rousseau, author of "Contrât," very aptly said: "The breath of man is deadly to man."

170. Don't sleep in the open air, unless a shed or an awning protects you; this is most impor-

tant at sea in the tropics, when most passengers sleep on deck. The absence of an awning exposes the traveler to the night-dews, and even with an awning, he should be well protected with blankets during sleep. The radiation of heat from the open ground in hot countries is very rapid and prone to chill one if the above precaution is neglected.

171. Don't forget that the organism is least capable of resisting changes of temperature while asleep.

172. Don't court sleep by artificial means, or soon you will not be able to sleep without them.

Head.

173. Don't wear a stiff hat, unless it be the field-helmet, with its broad ventilating band, as it is used in East India.

174. Don't use hair-dyes ; they all contain poisons.

175. Don't bleach the hair ; no preparation can give it a light color without injury.

Heart.

176. Don't conclude that all palpitations and irregularities of the heart's action, or pains in the region of the heart, are indicative of heart-disease.

177. Don't overlook the fact that a poor, abused stomach, over-distended by solids, liquids or gases, may materially disturb the heart's action.

178. Don't forget that your heart has a certain number of beats to make in your life ; to urge it to excessive work by alcohol or excitement is to abbreviate your existence.

Tobacco.

179. Don't smoke cigarettes ; but if you will persist in the habit, then consume not more than one-quarter of each cigarette, and smoke that in a holder into which you pack some "absorbent-cotton," previous to each fresh assault upon your life and lungs.

180. Don't infer that chewing tobacco is the most injurious mode of using the weed ; the contrary is true.

181. Don't smoke immediately after meals.

182. Don't fail to take warning when the smell of tobacco vitiates your breath and perspiration ; for then you are "saturated" to such a degree that the next indulgence may prove dangerous.

Teeth.

183. Don't conclude because a child's first teeth are temporary, that they require no care.

184. Don't be surprised that a child with defective teeth has a poor digestion.

185. Don't neglect to have your dentist examine your teeth at least once every three months.

186. Don't eat or drink hot and cold things immediately in succession.

187. Don't pick the teeth with pins or any other hard substance.

188. Don't imagine that you can clean the teeth better with anything than with waxed floss silk.

189. Don't neglect to brush the teeth, or at least thoroughly rinse out the mouth, after each meal.

190. Don't chew ice, unless you wish to risk the enamel of your teeth.

Digestion.

191. Don't consider dyspepsia an aristocratic disease. It is vulgar, because it shows that the sufferer has none of that power of observation which should characterize the "upper classes."

192. "Don't read even the address on an envelope after dinner" (Spanish proverb, intended to urge absolute physical and mental inactivity after the principal meal of the day).

193. Don't purchase vegetables or fruit even ever so slightly "specked." The removal of the spoiled parts does not remedy the decomposition that has begun in the entire fruit or vegetable.

194. Don't allow yourself to grow habitually constipated. Coax intestinal action by regularity of habit, exercise, fresh and stewed fruits, and the avoidance of constipating food. Take drugs only under a physician's directions.

195. Don't neglect a diarrhœa.

196. Don't endeavor to check a diarrhœa suddenly.

197. Don't believe that eating fat will make you fat ; quite the contrary holds true.

Food.

198. Don't eat gamey meats ; remember that "gamey" is the hyper-refined word for rotten.

199. Don't imagine that you manifest a refined taste by eating putrid cheese.

200. Don't eat pork in any form, not even the most delicate Westphalian ham or the finest St. Louis product ; remember that Mohammed and Moses, in their wisdom, forbade it, and that the Romans held it fit food only for artists and athletes, for whom they must have had very little esteem. Pork often contains the dangerous trichina, and the scolix or larva which becomes the tape-worm in the intestines of man. The trichina-worms are indisputably the more dangerous, and often kill in less than four weeks after being eaten with the pork. When it is absolutely unavoidable to eat pork, it should be rendered harmless by being exposed to strong heat long enough to be converted into a decided gray color, even to its innermost part.

201. Don't neglect any opportunity to insure a variety of food.

202. Don't pamper the appetite with such variety of food that may lead to excess.

203. Don't take animal food oftener than twice daily.

204. Don't consume more than ten ounces of animal food in a day.

205. Don't average more than twenty-four ounces of fluids daily.

206. Don't let your entire food exceed thirty-four ounces in twenty-four hours.

207. Don't over-eat at any time, but especially not in hot weather ; remember that a large amount of our food is applied to keeping up the warmth of the body ; when, however, the temperature of the air rises, we lose less heat, and therefore require less heat-producing food.

208. Don't fail to profit by the example set us in southern countries by laborers, hunters, divers, fishermen, and others, who, when hard at work, consume large quantities of fat, sugar and "mealies ;" but they eat less meat, which is apt to over-stimulate them, and more prone, in hot regions, to putrefy in the digestive canal.

209. Don't eat raw meat of any kind, unless you wish to invite intestinal or other parasites. This does not apply to rare meat.

210. Don't consider beef-tea a food ; it is nothing but a stimulant, and oftentimes a very valuable one.

211. Don't insist upon a patient's taking food which is repugnant to him.

212. Don't eat ice-cream that has stood for any length of time in tin vessels.

213. Don't drink green tea, and use black tea moderately. (A gentleman who was urged moderation in the use of tea, considered it an evidence of great self-control when he reduced his allowance to nineteen cups a day.)

214. Don't keep milk in any vessels except bottles or "hermetically sealed" glass jars.

215. Don't allow your servants to put meat and vegetables into the same compartment of the refrigerator.

216. Don't take strong drinks before meals; exercise and a good conscience are the best appetizers.

217. Don't treat eating as an ugly business to be dispatched as soon as possible.

218. Don't spend less than three-quarters of an hour at breakfast, half an hour at lunch, and certainly over an hour at dinner.

219. Don't let a meal pass without a joke between each mouthful; it is much better than pepsin or other assistance to digestion.

220. Don't indulge in ice when you feel fatigued and overcome by heat; the sudden cooling of the digestive organs is depressing and may be dangerous. When Napoleon the First was exhausted by the heat of Egypt he took a tepid bath, followed by a cup of coffee. Englishmen in India never take cold baths, and in hot weather refresh themselves with hot tea.

221. Don't use unclean ice with any drink, because it is simply drinking frozen pollution.

222. Don't drink ice-water. Bottles filled with pure water and kept on ice for an hour will furnish better and safer means of quenching our national summer thirst. (People addicted to the present hot-water craze, assure me that it satisfies thirst more readily than cold-water.)

223. Don't believe that "using ice-water all the year" is a protection against its pernicious effects in summer, or any other time.

224. Don't drink water, even if it is absolutely pure, that has stood in an open vessel; especially not if it has remained over night in a bed-room; it is then sure to contain putrid organic matter.

225. Don't think that water must necessarily be

wholesome when passed through the best of filters, which can become the breeding-nests of disease-producing parasites, even when frequently washed or overheated. No matter what filter is employed, water should not be passed through it unless it has been previously boiled.

226. Don't conclude because a certain water does not produce disease immediately that it is innocuous, for it may contain minute products of decomposition of animal or vegetable matter, which show their effects only in the course of time.

227. Don't conclude that because water is clear, tasteless, odorless, or because it has not an unpleasant taste, that it is necessarily wholesome; it may have percolated from closets or church-yards and be thoroughly impregnated with organic poisons or pathogenetic microbes, which are detectable only through very strong microscopes.

228. Don't drink any water unless it is distilled. When distilled water is not obtainable, boil your drinking water and add to it a very small quantity of permanganate of potash, and then do not drink it if it

gives the water any other color but a slight crimson, after standing for a day.

229. Don't use sea-water, or any other water, polluted with sewage, either for bathing or drinking.

230. Don't purchase a country-seat, or live in one, unless you are satisfied that its supply of water is liberal and good.

231. Don't employ any other cosmetic except plenty of fresh air and pure water.

232. Don't go to crowded sea-side hotels to escape any disease ; rather flee to the mountains where the temperature is about 70 degrees Fahrenheit at mid-day. Naturally this does not apply to such cases of hay-fever, asthma, etc., as cannot bear the mountains.

233. Don't recommend the sea-side as a cure for the debility of the aged or very feeble. The generally strong and often quickly changing currents of air, the brusque variations of barometric pressure and of temperature in more northerly latitudes, may act as a tonic on vigorous but tired or languid, but otherwise healthy constitutions ; but in persons of less resistant vitality they predispose to intermittent fevers, inflam-

mations with tendencies to suppurations, to catarrh, and exhaustion.

234. Don't make an ocean-voyage on an overcrowded steamer, on which sea-sickness is more easily acquired, and from the close quarters on a ship, infectious diseases more liable to extend.

235. Don't believe that there is any absolute specific for any disease and certainly not for sea-sickness. (I have used advantageously, in a large number of cases, a mixture of bromide of potash with bromide of sodium, five grains each, in two table-spoonsful of water, three times a day, beginning the use of this solution three or four days previous to going to sea. But I prefer to persuade abstinence from all drugs and advise travellers at sea to maintain a horizontal position on deck or in a well-ventilated cabin, to eat a sufficient quantity, and to keep the intestines active by light aperients. Effervescent drinks and teaspoonful doses of good porter, have a tendency to calm the irritability of the stomach. Freshly made lemonade, or freely diluted lime-juice, will allay the thirst that is so frequently, markedly annoying in sea-sickness.)

236. Don't disregard the revolution which takes

place in your body when travelling from a cold to a warm climate ; the action of the glands of the skin is very much increased, taking upon themselves greater work to eliminate matters by perspiration that pass from the kidneys in colder climates. The liver increases its action also, and there is a tendency to rapid putrefaction of the contents of the intestines.

237. Don't overlook the fact that even negroes, who are less susceptible to the contagion of yellow-fever, may die from a second attack when returning to the tropics from cold countries.

238. Don't go to a yellow-fever region if you can avoid it ; but if you must go, take care to rid yourself first of any external or internal affection, however slight it may be.

239. Don't be careless about your food and drink when going to a yellow-fever region ; commit no excesses ; keep out of the mid-day sun ; do not enter infected houses, and avoid the nightly exhalations from the soil. Sponge the entire body with tepid water, slightly diluted with some aromatic alcoholic preparation, mornings, and before going to bed.

240. Don't judge that because the proverb converts

“good wine into good blood,” that you can by its abuse obtain what diet and properly applied medicines could better provide.

241. Don't consider tea and coffee other than stimulants ; if you desire a nutritious beverage to take their place, use cocoa prepared in the following manner : (Bruen, “ *Outlines of Diet.*”)

“ Allow one tablespoonful of cocoa to each pint of milk, mix the cocoa with two tablespoonfuls of cold water ; put on the fire and let it nearly boil ; then add a pint of milk and let the mixture just approach the boiling point again. Then stand it on the back part of the fire and let it simmer slightly for an hour. Don't cover the pot while cooking. It should then be strained through muslin and sweetened to taste. The porcelain-lined pot, in which the cocoa is prepared, should be new, and kept exclusively for this purpose.”

242. “ Don't pour a mouthful of coffee into the empty stomach, even if you must tear a button from your coat and swallow it before,” says an Arabic proverb. This applies to tea as well ; to save your buttons and health (relatively placed in keeping with the

importance attached to them by many people) don't drink coffee or tea except at meals.

243. Don't overlook the possibility of modifying the action of tannin (4 per cent. to 7 per cent. in tea, and 7 per cent. to 15 per cent. in coffee), by adding to each ounce of tea or coffee, two grains of bi-carbonate of soda, and thus avoiding one of the damages of these liquids.

244. Don't drink coffee when suffering with a diarrhoea.

245. Don't consider it a waste of time to memorize the following list of relative digestibility of foods :

EASILY DIGESTIBLE.

Arrowroot.

Asparagus.

Baked apples.

Black tea—allowable only when the patient is accustomed to taking it.

(I shall never forget the expression of disgust with which a Chinese gentleman told me that "There is no good green tea." I believed him when as he told me the process employed in its preparation for the market.)

Cauliflower.

Flounder.

Fresh fish.

Grapes.

Grouse.

Haddock.

Milk.

Mutton.

Partridges.

MODERATELY DIGESTIBLE.

Apples.

Apricots.

Beef—rare, but not raw.

Beets.

Butter.

Cabbage.

Celery.

Cod.

Duck.

Eggs—boiled for three minutes or half an
hour.

Jellies—not made from gelatine.

Lamb.

Lettuce.

Potatoes.

Puddings.

Rabbit.

Raspberries.

Raw or slightly stewed oysters.

Real soups—not artificial ones.

Snipe.

Spinach.

Trout.

Turnips.

Turtle.

Woodcock.

Young pigeon.

DIFFICULT TO DIGEST.

Buttered toast.

Carrots.

Cheese.

Crabs.

Custards.

Fresh bread.

Goose liver.

Halibut.

Hashes.
Herring.
Lobster.
Mackerel.
Melted butter.
Mushrooms.
Nuts.
Oil.
Onions.
Peas.
Pineapples.
Salmon.
Shrimps.
Salt meat.
Sausages.
Turkey.
Peaches.
Pheasants.
Rice.
Ripe oranges.
Roasted oysters.
Sago.

Stale bread—particularly the German rye bread, not Pumpernickel.

Strawberries.

Sweet-breads.

Tapioca.

Venison—like other meats should not be eaten tainted.

Young chicken.

Young turkey.

When patients are incapable of taking even the lightest of the foods in this list, as in cases of tropical dysentery and other severe diseases of the intestinal canal, I have found that they could retain to advantage the white of eggs beaten up in water.

246. Don't underrate the importance of a "cold," especially in children or in persons who have passed the most vigorous period of their lives.

247. Don't expose yourself to a draught; if it is inevitable, face it.

248. Don't expect to have perfect digestion unless your teeth are perfect; if they are not, have them repaired or procure artificial ones, remembering that the actions of the digestive organs are not only hampered

but are impaired if the food is not properly divided, and not thoroughly mixed with the saliva by the teeth.

249. Don't bathe often if the bath fatigues you ; in such cases sponge-baths will be found preferable for cleanliness and refreshment.

250. Don't emulate the Turkish soldier who is said to live in warm weather, on a handful of rice, a cigarette, and the prospect of Paradise.

251. Don't reduce your food when taxing your body or brain with extra labor.

252. Don't use any other purge but castor-oil in hot climates.

253. Don't forget that the delicate white skin of the Caucasian more readily absorbs the luminous and chemical rays of the sun, and that he is more easily over-stimulated than the Negro and other dark races, whose integument more readily absorbs the caloric rays, but who also lose their heat more readily, and therefore do not withstand cold well.

254. Don't forget that a person who should reach eighty years, must have slept over twenty-six thereof ; if he has not done so, he certainly will not pass the allotted three score and ten, save in most exceptional

cases ; nature demands rest, and if we will not give it to her, she will take it permanently.

EMERGENCIES.

255. Don't lose your head in any emergency. Nothing is gained by screaming or aimless rushing about. If you do not know what to do, make way for some one who is able to handle the case properly.

Artificial Respiration.

256. Don't read another word in this book, or any other, until you have thoroughly learned the proper means of producing artificial respiration (as directed by the Executive Committee of the Life Saving Society) : " Quickly turn the patient upon his back, so placing a roll of clothing under his back as to make the breast-bone the highest part of the body. Kneel beside or astride the patient's hips. Grasp the front part of the chest on either side of the pit of the stomach, running your fingers along the spaces between the short ribs. Press your elbows against your sides and steadily grasping and pressing forward and upward, and throwing your whole weight upon the chest

and gradually increasing the pressure while you count 'one, two, three,'—then suddenly let go with a final push, which brings you back to your first position. Raise erect upon your knees while you can count 'one, two ;' then make pressure as before, repeating the entire motions, at first four or five times a minute, gradually increasing it to about ten or twelve times. Use the same regularity as in blowing bellows, and as seen in natural breathing, which you are imitating. If another person be present, let him, with one hand, by means of a piece of dry linen, hold the tip of the tongue out of one corner of the mouth, and with the other grasp both wrists and pin them to the ground by the patient's head."

257. Don't give up efforts to induce artificial respiration if the patient shows no inclination to breathe of his own accord until you have absolute evidence that he is dead ; remembering, however, that cases have recovered where it was necessary to maintain artificial respiration for more than three hours.

258. Don't imagine that artificial respiration is useful exclusively in cases of apparent drowning, for it is equally invaluable in narcotic poisoning, lightning-

stroke and unconsciousness from the inhalation of poisonous gas (illuminating gas, foul air in mines, wells, etc.).

Unconsciousness.

259. Don't forget the value of artificial respiration, friction to the surface, and, if necessary, the injection of stimulants, in case of unconsciousness from lightning-stroke.

260. Don't deprive a fainting person of air.

261. Don't raise the head of a person who has fainted. Raise the heels, keep them higher than the head, and loosen all tight garments.

262. Don't fail, in a case of unconsciousness of any kind, to note the importance of the patient's persistently turning his head and eyes to one side ; it usually indicates that the other side is paralysed.

263. Don't handle an unconscious person roughly ; if his face is pale, lie him flat on the ground, his head lower than his body. If his face is flushed, raise his head and shoulders into half-sitting position.

264. Don't allow an unconscious patient to be deprived of air, or suffer any tight garments to impede breathing and the blood's circulation.

265. Don't insist that an unconscious person is drunk, unless absolute evidence of inebriety exists.

266. Don't judge that an unconscious person is inebriated because his breath smells of alcohol; he may have taken a very small drink when feeling the faintness coming on.

267. Don't grow alarmed on account of an unconscious patient, whose pulse is natural; open the eyes and see that the pupils are equally dilated. Close the eyes, cover them with your hands for a few moments, suddenly withdraw the hands and open the lids suddenly. If you observe that the pupils contract promptly and equally, be convinced that the case is nothing but hysterical unconsciousness. If in great haste to have the patient recover, produce a large shears and threaten to cut off her hair close to the head. In case the patient is a male subject, order a quart of tobacco juice, preferably of very bad cigars soaked in warm water, and threaten to compel him to swallow it; he will recover before he has even tasted your delightful prescription,—if he does not, he requires a physician's aid.

Sun-stroke.

268. Don't imagine that sun-stroke (heat prostration) follows exclusively exposure to the sun. The same may be produced by excessive heat even at night, especially when the person is much fatigued or weakened from any cause.

Poisons.

269. Don't keep opiates or sedatives in the house; if your physician orders you to have them on hand, see that they are kept in bottles with well-fitting ground-glass stoppers, around which you should pack wax, to prevent evaporation. The most frequently used drugs which increase in strength by evaporation, are solutions and tinctures of opium (laudanum, paregoric) and the chloral (chlorodyne) mixtures (cholera drops); if kept on hand, they should be renewed at least once a month.

270. Don't use narcotics of any kind, unless by direction of your physician, and then only for the cure of disease or the relief of pain.

271. Don't have unadvised recourse to any narcotic (opium, chloral, chlorodyne, ether, absinthe or

alcohol, in large doses), because they have given you relief before under a physician's direction.

272. Don't allow a patient to rest who has taken an overdose of opium or any of its preparations (morphine, laudanum, paregoric, McMunn's elixir), but give him injections of brandy and aromatic spirits of ammonia, or until these can be obtained, large quantities of strong coffee. Strip the body, and while assistants compel the patient to walk, pay no heed to his pleadings for rest, but whip him as severely as you can with a wet towel. As soon as the patient can swallow, he should be given a vigorous emetic, and when this has acted, large doses of strong coffee without milk or sugar should be forced down his throat. If the patient cannot or will not swallow, inject the coffee.

273. Don't conclude that a patient who has taken an over-dose of opium is safe as soon as the pupils begin to dilate and the pulse approaches the natural ; in fact, continue forcing him to move for not less than two hours. (I found that in the majority of opium-poisonings which I attended, few patients could be safely left to rest before five hours' treatment.)

274. Don't fail to use emetics promptly when belladonna or atropine has been taken accidentally or with suicidal intent, and sustain vomiting by large draughts of warm water ; then give brandy or whiskey, rub the extremities and apply bottles containing hot water to the limbs ; continue this until your physician arrives.

Snake-bites.

275. Don't lose time when bitten by a poisonous snake ; all depends upon preventing the poison from being taken up by the circulation. Apply a tight ligature above the wound (nearer the heart) when one of the extremities is bitten ; where the face, neck or trunk is the site of the injury, the wound should be sucked ; the person doing this must not have any wound or abrasion on the lips or mouth. Bleeding may also be encouraged by the use of a cupping-glass or the artificial leech. The wound itself should be freely washed with a strong solution of spirits of ammonia. Brazilian physicians use subcutaneous injection of five per cent. solution of permanganate of potassium around the bite of venomous snakes. For the purpose of counteracting the poison that may have entered the circulation, from three to five drops of

liquor of ammonia should be given in a tumblerful of whiskey or other strong alcoholic preparation, even to the degree of producing alcoholic intoxication. The patient should be kept in continuous motion, either by being forced to walk or fastened to a hard trotting horse, and compelled to travel violently until all tendency to sleep disappears.

Bites and Stings.

276. Don't go on hunting or fishing excursions without being provided with liquor of ammonia to use immediately on venomous bites or stings.

Poisoned Wounds.

277. Don't hesitate, if you have no lesions of the mouth, to suck out a poisoned wound. [Wounds by poisoned instruments, bites from enraged (hydrophobic ?) dogs, snake-bites, insect-stings, etc.]

278. Don't forget that no poisonous insect will bite a person whose skin is protected by oil of pennyroyal.

Burns and Scalds.

279. Don't be satisfied with the facility with which burns and scalds are cured, but take professional

advice as soon as possible on the prevention of deformity, especially in burns or scalds on the face or joints.

280. Don't seek relief for burns by the use of cold water ; if nothing else is obtainable use warm water ; better still, keep the part wet with sweet oil.

281. Don't neglect to have a bottle of Carron oil (equal parts of linseed oil and lime water) with which to instantly cover any burn or scald that may occur.

282. Don't leave a burned or scalded patient exposed while you send for Carron oil, if you have neglected to keep it in the house ; but cover the injured part with thick layers of flour.

283. Don't allow lint, cotton, or linen soaked in Carron oil, to dry on the injured part, but as soon as drying at any part of the dressing manifests itself, soak it afresh.

284. Don't hope that broad or deep scars from scalds or burns will get well of themselves ; their tendency is to contract continually ; they require early surgical interference.

Frost.

285. Don't take a frozen person into a warm room.

286. Don't apply heat to frozen fingers, toes, noses or ears ; rub them with snow or pounded ice.

287. Don't do anything but rub snow or pour ice-water on a frozen part until sensation begins to return.

288. Don't continue rubbing or irritating a frozen part when stinging pain and change of color set in, as thus, in all probability, you will excite a serious inflammation.

289. Don't use anything but carbolized cold water on the frozen part after sensation has returned. Your physician will order a change of treatment as soon as it becomes necessary.

Foreign Bodies.

290. Don't give purgatives or emetics to a person who has swallowed sharp or rough bodies ; rather endeavor to envelope such bodies so as to render them harmless by causing the patient to swallow large quantities of thread or lint, cut into very short bits, and beaten up with the white of eggs.

291. Don't attempt to pick out foreign bodies that children have inserted into the nostrils (buttons, peas

and beans are the most frequent) ; insert some snuff into the vacant nostril, or into both when both are filled, to endeavor to induce sneezing. When this does not suffice, send for your physician.

292. Don't attempt to remove foreign bodies from the upper part of the wind-pipe by endeavoring to reach them with instruments of any kind. Try giving a violent blow on the back immediately after the accident. If this does not succeed, have the patient held suspended by the feet, head downwards, and moved rapidly from side to side while you strike between the shoulders with the palm of the hand ; discontinue this at once if the patient shows evidences of suffocation ; if these continue, or the foreign body is not dislodged, send for a physician to perform tracheotomy or laryngotomy as quickly as possible.

293. Don't give emetics to remove foreign bodies from the wind-pipe.

294. Don't be guided by the patient's sensations to locate a foreign body that is lodged in the œsophagus.

295. Don't employ force in removing needles, pins or sharp articles from the throat.

296. Don't attempt the removal of foreign bodies

from any of the other canals of the body that communicate with the external air ; none but a surgeon should do this.

297. Don't turn off gas without feeling whether the cock stops firmly ; if it does not, test it with a match, or in the morning you may be dead from breathing escaping gas.

Bleeding.

298. Don't stop slight bleeding of wounds hastily ; when a wound does not bleed sufficiently to remove small particles of foreign matter that may have entered, encourage bleeding by sucking the wound or the application of hot water.

299. Don't fail to distinguish between arterial and venous bleeding ; the former SPURTS *from the injured region in bright red jets* ; the latter OOZES in a dark flow.

300. Don't compress an extremity between the body and the wound when the loss of blood is caused by an injury to a vein (*dark blood flows or oozes*) ; apply the compression to the part of the limb immediately beyond the injury.

301. Don't compress an extremity *beyond* the

wound when the loss of blood is caused by an injury to an artery (*bright blood* SPURTS); apply compression between the wound and the body.

302. Don't employ any other means than the following while awaiting your physician, sent for to attend a case of obstinate nose-bleed : Sit erect, fingers locked over the head, cloths wrung out of ice-water applied to the forehead, and two fingers (not the patient's, unless when he is alone, and then he rests only one hand on the head) upon the lip, the tips of the fingers pointing to the nostrils and pressing the lip firmly against the bone beneath it. If the flow of blood is very severe, ice-water may be frequently injected into the nostrils.

303. Don't lose your head when with cases of bleeding from the lungs ; they very rarely prove immediately fatal. Prop the patient up in bed and give him small pieces of ice to swallow and a quarter of a teaspoonful of tincture of ergot every hour, until your physician arrives.

Hernia.

304. Don't attempt to forcibly squeeze back a rupture when severe pains set in.

305. Don't delay in sending for your physician as soon as symptoms of strangulated hernia arise ; meanwhile raise the body of the patient and partly draw up and turn out his thigh ; at the same time, cloths soaked in a decoction of tobacco leaves may be applied over the rupture.

Colic.

306. Don't allow a patient with colic to suffer until the physician arrives ; give large injections (two quarts of warm water with ten drops—adult dose—of tincture of opium).

Convulsions.

307. Don't use anything but cold water poured slowly over the face and head in hysterical convulsions ; let your physician decide whether the patient should have a general bath and further treatment.

308. Don't attempt to suppress the motions of a person in convulsion of any kind ; gently guide the muscular twitchings to prevent the patient from injuring himself or herself.

309. Don't hold a child in convulsions in your arms, but strip it quickly and immerse it in a hot bath, to which a table-spoonful of mustard has been added.

310. Don't keep a child with convulsions in a bath over four minutes at a time.

311. Don't administer any medicine to a child in convulsions except castor-oil, or preferably, give it an injection of warm water.

Retention of Urine.

312. Don't, unless you are thoroughly familiar with the use of the catheter, attempt to relieve retention of urine otherwise than by the application of hot cloths low down on the abdomen, hot sitz, or general baths ; employ these till your physician arrives.

Fractures and Dislocations.

313. Don't conclude that every case of dislocation of the neck is necessarily fatal ; until the surgeon arrives have an assistant steady the shoulders while you grasp the head and draw it in a straight line from the body, holding it there until professional assistance reaches you.

314. Don't fail to charge your mind with the importance of immobilizing the injured part in cases of fractures or dislocations. Insure this by placing the

injured limb in the position that inconveniences the patient less than any other ; keep it immovable by using large pillows, bolsters or blankets, until the surgeon arrives.

Field-Case.

315. Don't travel, hunt, fish, or explore in a wild country, without providing yourself with some drugs and instruments, of which the following are the most frequently required :

Quinine, for malaria, neuralgia, rheumatic fever.

One-third grain opium pills for diarrhœa.

Calomel in powders for bilious diarrhœa, intestinal irritation, etc.

Carbolic acid in crystals, to be used as a disinfectant and germicide in two and one-half to five per cent. solutions.

Strong liquor of ammonia, for bites of venomous reptiles and insects.

Hypermanganate of potash, to be used in two and one-half and five per cent. solutions, like carbolic acid ; but where the

latter cannot be employed very well, as for germicide mouth-washes, lotions or injections.

A sufficient quantity of whiskey.

Styptic cotton, to arrest hemorrhage from slight cuts.

Munsell's solution, for severe hemorrhages.

A roll of adhesive plaster in a tin case.

Solution of morphia, one-quarter grain to the drachm, for hypodermic injections, as in severe colics.

Oil of pennyroyal or wood-oil, to be mixed with water as a protection against mosquitoes, gnats, etc.

Ipecac, as an emetic in poisons.

Acetate of lead and aqueous extract of opium, as a lotion in severe bruises.

A proper case of instruments, containing :
Artery forceps.

Scissors.

Double-bladed bistoury.

Silver probe.

Ointment of benzoated oxide of zinc.

Some silk or cat-gut ligatures, straight and curved needles, and some oil-silk.

316. Don't consider yourself anything but a consummate ignoramus, and a criminally negligent one at that, if you fail to attend several courses of lectures on the treatment of emergencies, and be sure to learn all that is taught there. If these are beyond your reach, provide yourself with good works on the subject which will give you a useful knowledge of your own precious body, and enable you to give yourself, or your family, or friends, or strangers, the first, and often most needful, intelligent help in case of accident or sudden illness; thus, many large physicians' bills can be saved. But what is more important, valuable lives may be saved and you may be spared the mortification of not being able to lend assistance where sympathy, interest or your own wants most urgently demand it.

MATRIMONY.

317. Don't think that Nature varies her laws in increasing the human population; it exercises the same laws as in breeding animals and the growth of plants.

318. Don't imagine that vigorous and healthful descendancy can spring from weakly, diseased or faulty progenitors.

319 Don't marry into a family that has a member who is consumptive, idiotic, constitutionally feeble, rickety, asthmatic, epileptic, or with a tendency to insanity.

320. Don't entertain the idea that men and women about to marry need consider only the social and financial eligibility of the future spouse.

321. Don't fall in love without previously ascertaining whether the object of your affection has descended from people of perfect moral and physical character; if this advice is followed by all, it is fortunate for the exchequer of physicians of to-day that they do not live two centuries hence.

322. Don't close your eyes to the possibility of suffering the most terrible of all miseries,—that of having imperfect children,—the consequence of ill-advised marriage.

323. Don't neglect to do all in your power towards preventing the marriage of a person affected with an hereditary disease; if everybody did so the hereditary

transmission of disease would cease to make the world miserable in three or four generations.

324. Don't disregard the influence exercised by the careful breeding of animals in producing healthy and strong offspring.

325. Don't disregard the obligation to provide for the health of the unborn.

326. Don't underestimate the value of habitual cheerfulness ; it influences the children you have, and those you will have in years to come.

327. Don't disregard the strong probability that the mother's mental peculiarities become the child's characteristics.

328. Don't consider children inflictions ; if you will not have them and if, when you have them, they annoy you, resolve that you married the wrong man, and ask him to collude with you in procuring a divorce, so that you may marry a man whose name you can be anxious to perpetuate.

329. Don't take exercise to the extent of actual fatigue when the health and happiness of a future human being is involved.

330. Don't, under the circumstances cited, take animal food oftener than twice a day.

331. Don't take, in the state mentioned, alcoholic drinks or large quantities of tea.

332. Don't, if you want to be a good mother, neglect to provide for your future child's health by avoiding scenes that excite the passions.

333. Don't attempt to conceal your condition to your own detriment and that of your child, by tight or heavy garments.

334. Don't degrade yourself nor defy God, by commenting on "the vulgarity of having children."

MATERNITY.

335. Don't expect a girl or woman to be physically or mentally healthy, or have children of physical or mental health, if the girl or woman has a shape less beautiful than that of the Venus of Milo, who certainly has anything but a waspish waist.

336. Don't forget that previous to being a mother, you have a double responsibility ; if you seek to do your duty you can look towards having a healthy child ; if you allow yourself to drift into improper

courses in any regard, you court illness and may produce hideous deformity in your child.

337. Don't believe that birth is necessarily painful to the mother ; a woman whose mother and grandmother lived physiologically need not suffer when she also becomes a mother. Is this not a sufficiently strong inducement to you to strive to that perfection which will confer many other blessings on the human race ?

338. Don't consider the epoch previous to maternity as one of disease.

339. Don't allow a woman, before becoming a mother, to live otherwise than naturally.

340. Don't forget that an unborn child is liable to contract communicable diseases from its parents or others.

341. Don't consider a woman otherwise than an unworthy thing if she from vanity, selfishness, or her "social obligations," refuses to nurse her child.

342. Don't cherish any sentiment but pity for the unfortunate woman whose physical condition prevents her nursing her child.

INFANCY.

343. Don't conclude that a new-born child which does not breathe is dead, but proceed at once to plunge it alternately in cold and hot baths, and slap the body at the same time with the flat of the hand ; in the event of this failing, induce artificial respiration (256) and after cleansing out the mouth with a handkerchief, pinch the nostrils together and blow vigorously into the mouth ; then press the sides of the chest, so as to force the air out again, repeating this performance until the child breathes without assistance.

344. Don't be deterred from placing a baby to its mother's breasts because milk does not flow from them ; the infant needs the colostrum which precedes the milk.

345. Don't keep a nurse who would attempt to pump out the colostrum and to supplant it by artificial food or drugs given to the baby.

346. Don't imagine that a child comes into the world hungry.

347. Don't disregard the importance of establishing regularity in all regards from the moment of birth.

348. Don't inflict an infant with *drugs* to prevent colic ; rather strive to spare it suffering by proper diet.

349. Don't start a new-born baby on a career of colic and more serious troubles, by giving it any food but that provided by Nature. The fact that the mother's breast has no milk in the beginning, is one of Nature's wise provisions ; the child's first few meals will be of a character that provide what it needs and what ignorant people try to supply with oil and sugar and other abominations.

350. Don't give a child ice-water.

351. Don't murder your child with soothing-syrups.

352. Don't awaken a healthy child from its sleep—not even to show your best friend how pretty its eyes are.

353. Don't torture your baby by tying it up like a bundle of rags.

354. Don't make your child miserable by dressing it in stiff or tight clothes that hamper its movements, chafe the delicate skin, or impede free circulation, respiration and intestinal action.

355. Don't allow any rough garments to come in contact with a child's skin ; the softest kind of wool is the proper clothing for a baby.

356. Don't accuse an innocent crying baby of "temper;" examine it for pins or uncomfortable clothing. If you cannot elicit the cause and abate it, send for your physician.

357. Don't give a child its principal bath at any other time than previous to putting it to bed.

358. Don't rely upon a child's sensations or appearance as a guide for the temperature of its bath, but invest in a thermometer to properly test the temperature of the bath.

359. Don't put an infant into water of less or more than ninety degrees Fahrenheit.

360. Don't allow your child to be sick during teething ; if you carefully guard its diet and see to its cleanliness it should have no trouble.

361. Don't believe that your baby must be sick during its second summer ; if you take proper care of it, its second summer should be more satisfactory than its first.

362. Don't nurse a child under one month of age oftener than every hour-and-a-half.

363. Don't feed a child three months old oftener than every three hours, and twice at night.

364. Don't make the above changes in nursing-time otherwise than by gradually extending the intervals, so that when the third month is reached its regular meals will be every three hours.

365. Don't conclude that a child needs food each time it manifests hunger. Try to assuage thirst by several teaspoonsfull of boiled and cooled water.

366. Don't disregard drooling (druling ?) in a child ; in a majority of instances it indicates that it does not receive sufficient or proper nourishment.

367. Don't believe that any kind of food can be better for an infant than its mother's milk.

368. Don't confound your child with a churn, to be shaken up, jounced, or rocked, after it is filled with milk.

369. Don't attempt to feed an infant each time it cries ; a pin may be pricking it.

370. Don't believe that a baby cannot be taught its regular nursing hours.

371. Don't stand an infant on its feet before it learns to walk of its own accord.

372. Don't attempt to teach a child to walk ; it will learn this mode of progression without being taught, as soon as its bones are sufficiently strong to maintain it in an erect posture, without danger of permanent deformity.

373. Don't try to make a prodigy of your baby.

374. Don't rock a child to sleep ; teach it to fall asleep without such adventitious means.

375. Don't endeavor to wean a child by hushing its demands for food with a piece of fat salt pork, tied to a string, the other end of which is fastened to its toe or elsewhere. This savagery is so often practiced and advised by ignorant people, that it merits notice here.

CHILDHOOD.

376. Don't conclude because a woman has had sixteen children, that she knows better than physicians how they should be treated.

377. Don't beat a child for eating coal, chalk, slate-pencils or earth ; have your physician elicit the cause and cure it.

378. Don't abbreviate your child's life by urging it to "eat like a man." When he becomes a man he will eat like one.

379. Don't allow a child to be at your table unless it can refrain from food that it should not have, without crying.

380. Don't reward or bribe a child with candy.

381. Don't give a child any sweets, except molasses-candy or chocolate caramels, and these only very rarely.

382. Don't conclude, because a child amuses itself chewing a bread-crust, that it can digest plum-pudding and mince-pie.

383. Don't poison a child with pea-nuts, pickles or anything that it is not able to digest.

384. Don't give a child any and all food under the delusion that it must accustom itself to variety. Milk, beef, eggs and bread, are varied enough to suit the best-born child in the world—even yours.

385. Don't permit a child under five to remain out of bed after eight P. M., even if you have to forego your most sacred social duties or miss a most brilliant first night at the theatre.

386. Don't allow a child to sleep otherwise than undressed and covered in a cool bed.

387. Don't try to cure a child of enuresis (bed-wetting) in any other manner than by encouraging regularity of habit; if this fails, consult your physician.

388. Don't hesitate to kill a nurse, even though she be your wife, if she attempts to give your children "good shapes" by the use of corsets or tight shoes; growing limbs want free play, cutaneous perspiration wants a free outlet, and the internal organs want freedom from compression. The heart, lungs, stomach, liver and intestines should not be compressed.

389. Don't beat children, because thus you prove that you have not intelligence sufficient to guide them properly.

390. Don't let your child be your master in things that are not for its benefit.

391. Don't think that a child will cry for the moon, unless you teach it to aspire to its possession.

392. Don't require your children to do exactly as you have done; however perfect you may consider yourself, remember that are they only one-half modelled

after your type, and the other half is that of your wife. Nature objects to hard uniformity in vital and moral forms, but works on the plan of evolution, not of selfish reproduction.

393. Don't attempt to force nature in the shaping and development of your child's body or mind.

394. Don't allow a child to dread darkness, but teach it early to find its way about its room without light.

395. Don't pull a child across gutters by one arm ; lift it over gently, raising it with both your hands, even if by so doing you expose your best dress to be-draggling with mud. Remember, too, that the posture is not an ungraceful one ; in fact the prettiest and most elegant things a woman does, are the incidentals to caring for and protecting her child.

THE SICK ROOM.

396. Don't undertake to nurse a patient unless you possess that fortunate moral and intellectual balance which would prevent your becoming morbid from constant contact with suffering.

397. Don't forget that suffering frequently makes individuals exquisitely ill-tempered, and therefore

they must not be held accountable for their words or actions.

398. Don't resent even a blow given you by a patient ; remember that it is his illness, not his ill-nature, that prompts it. Conclude that if a patient strikes you, you are not the proper one to nurse him.

399. Don't punish, or threaten to punish, a contumacious patient by the cold bath, or other savagery, unless positively directed to do so by his physician.

400. Don't employ harsh measures or language to avoid gratifying a patient's foolish whims or fancies ; if the patient cannot, or will not, listen to reason, temporize with him, and throw the responsibility of the decision upon the physician.

401. Don't worry a patient by the recital of horrible cases, similar or dissimilar to his.

402. Don't make a patient worse by maudlin sympathy, but employ gentle encouragement.

403. Don't grin idiotically at a patient suffering acute pains, while you delude yourself that you are "encouraging him."

404. Don't speak in stage-whispers in the sick room. If the patient has to die, it is better that the disease

kill him than that you should frighten him to death.

405. Don't allow bed-sores to form. The person doomed to lie on his back for any length of time, should be protected by air- or water-cushions under the buttocks, shoulders, etc.

406. Don't put a patient on a water-bed unless it has been filled with water which heats it to 70 degrees Fahrenheit. To prevent the cushion from adhering to the patient, cover it smoothly with the blanket and sheet.

407. Don't expose a patient to injury by using pins on the covers, or cushions, bandages, dressings, etc. ; these should be held in position by being properly sewed.

408. Don't neglect to examine a helpless or unconscious person frequently to discover whether he is in a wet or filthy condition.

409. Don't fail to frequently turn the patient on his side, and wash his entire back with extract of hamamelis, or solution of tannin, and report to the physician as soon as you observe even the slightest red or bluish spot on the skin.

410. Don't allow soap to get into the patient's eyes

while bathing ; if this accident should occur through your carelessness while bathing a helpless patient, wipe out the soap with a soft cloth or corner of a towel ; to attempt to wash it out with water usually increases the suffering.

411. Don't allow a patient to stand or sit about after the bath ; dry him quickly, and clothe him rapidly ; or if he is very weak, wrap him in large towels and blankets, and dry each part separately while he lies down, keeping the other parts of the body carefully covered.

412. Don't wreak your brutality upon an innocent suffering child, by endangering its life compelling it to swallow drugs while pinching its nose ; the mouth being thus forcibly opened, the epiglottis is raised from the windpipe and the air rushing into the lungs can easily carry the medicine with it. The fact that you have always followed this method is no argument in its favor ; if you cannot persuade a little patient, or an adult helpless one, to take his medicine otherwise, secure the services of a person who has sense enough to be able to treat sufferers with humanity at least.

413. Don't neglect to provide some kind of occupa-

tion to patients who are capable of work ; it wears away the tedium of illness or convalescence, prevents introspection and morbid thoughts. The writer desires here to record his gratefulness to his daughter, then aged four years, who hurried his convalescence from a serious illness, by taking him into partnership in the manufacture of hideously grotesque lamp-mats and pin wheels, which she taught him to make. He hopes that the critics who may deem this book worth mentioning, will not express regret that the author did not limit himself to this class of work ever afterwards.

414. Don't deem bathing other than a necessity for all patients, to be omitted only on orders to that effect from the physician.

415. Don't allow a patient to bathe except in a properly warmed room.

416. Don't neglect to immediately report to the physician any marks, bruises, sores, pains, or evidence of disease, as soon as they are observed.

417. Don't administer baths under 88, nor over 98 degrees, unless by special order to that effect.

418. Don't allow a patient to bathe alone.

419. Don't turn on the hot-water when a helpless patient is in the bath alone.

420. Don't fail to consider it an accomplishment if you are able to send a patient to sleep by the gentle influence of your voice in reading or speaking ; if, however, you learn that the patient feigns sleep in order to get rid of you, then do not annoy him again until he has recovered, and is no longer at your mercy.

421. Don't endanger the life of a seriously ill person by endeavoring to bring about a "change of heart ;" remember that it were better he survive than that he die in your religious or political faith ; when he has recovered, there is not the slightest objection to your attempts at proselyting ; anyone making such attacks on you, your family or friends, during illness, should be arrested for assault with intent to kill. (See Lockwood's "1000 *Legal Don'ts*.")

422. Don't be disagreeably humble towards a patient ; he will conclude that you are endeavoring to pose as a martyr, because of the need of caring for him ; rather endeavor to convince him by your conduct that his care is a pleasant duty.

423. Don't, when the care of a patient devolves upon,

you, be anything but kind and sympathetic, yet firm and just.

424. Don't make a nervous patient more nervous by "fidgeting," nor by devotion to the furtherance of your personal attractiveness.

425. Don't make noises of any kind after the patient has taken an hypnotic ; it is given to secure the sleep he requires, and if you prance about the room, rustle your dress or even pick your teeth, you can make sufficient noise to disturb him and counteract the effect of his potion.

426. Don't hesitate a moment to obtain the services of some less awkward person, if you cannot nurse a patient without stumbling against his bed.

427. Don't do anything that can possibly annoy, startle or excite a patient.

428. Don't permit noise or light if it disturb a patient, especially if suffering with delirium tremens, meningitis, tetanus or delirium of any kind.

429. Don't neglect an opportunity to lead the patient's thoughts from his sufferings ; if you have not the tact to invent means of amusing or of occupying the patient's thoughts during his weary hours of suf-

fering, you are not the proper person to care for him.

430. Don't pester the patient by endeavoring to impress him with your knowledge or "powers" in sickness.

431. Don't torture the patient, if you are an indifferent or stumbling reader, by insisting on reading to him.

432. Don't say or do anything that could even ever so slightly weaken the patient's faith in his physician.

433. Don't undertake the care of a patient unless you can act intelligently and with judgment.

434. Don't be domineering towards a patient and thus delude yourself into the belief that you are decided and firm in the fulfillment of the physician's orders.

435. Don't deem anything you note in the patient too trivial to report to the physician.

436. Don't neglect to inform the physician of differences in the appearance and conduct of the patient in the doctor's presence and absence ; remember that, especially in acute illness, the arrival of anyone, particularly the physician, in the sick room, causes a difference in the conduct, feelings, etc., in the patient.

437. Don't speak of the patient's sufferings in his presence.

438. Don't neglect to privately inform the physician of any tendency to exaggeration or untruthfulness on the part of the patient.

439. Don't accuse the patient of untruthfulness or exaggeration in his presence.

440. Don't remain in the room where a physician is examining or visiting a patient, unless the physician requests your presence ; remember that no matter how familiar you are with the patient, you may prevent him from making important, delicate statements to the physician.

441. Don't imagine that a person qualified only by strength and assurance is the proper one to administer massage ; careful instruction and preliminary practice are absolute essentials to a masseur or masseuse.

442. Don't employ a masseur who makes you nervous, nor one who "mauls" you, nor one who is not in good health, nor a talkative one, nor one that tries to convince you that he is "full of electricity," which he claims he can impart to you.

443. Don't, when a patient requires two nurses,

keep either of them if they manifest petty jealousies or the slightest evidences of discord or disagreement.

444. Don't retain a professional attendant whose circumstances do not require her to be a nurse, but whose love for the vocation is the incentive thereto; such statements are only pretexts for shirking duties.

445. Don't keep a professional nurse who quarrels with or complains of the servants; the nurse who cannot at once ingratiate herself with the entire household, even if it contains fiends incarnate, is incapable of managing the sick-room to the patient's benefit.

446. Don't, when retaining the services of a professional nurse, imagine that you are engaging another servant. Remember that, while one or another may not have as much social polish as you, all are or should be graduates of Training Schools and therefore have been taught their profession.

447. Don't treat the nurse other than as your physician's representative in his absence, remembering that an offense to the nurse is an offense to the physician. If the nurse is not capable of appreciating the courtesy due to a lady or gentleman, that particular nurse has

not properly selected her or his vocation, and the services of another should be sought.

448. Don't neglect to acquire a knowledge of the use of the body-thermometer (fever-thermometer) ; it is the only reliable indicator of the rise and fall of the body-temperature, and upon the careful study of its variations the successful treatment of the most dangerous cases depends.

449. Don't deprecate the superior professional value of Doctors Quiet, Diet, and Merryman.

COMMUNICABLE DISEASES.

450. Don't expose yourself and others, by incomplete insolation of those affected with communicable diseases.

451. Don't believe that all are compelled to have the eruptive diseases of childhood.

452. Don't believe that one attack of a communicable disease protects against another. (The writer treated a gentleman, aged seventy-two, who had two distinct sets of small-pox pits, and this third attack was of a confluent character.)

453. Don't kiss your children on the mouth.

454. Don't allow anybody, under any circumstances, to kiss your children's mouths ; only tolerate but a very select few to kiss them, and then only on the forehead or cheeks.

455. Don't travel unprovided with your own drinking-cup, as glasses, etc., in public places, have often been the means of communicating incurable disease.

456. Don't visit patients affected with measles, diptheria, scarlet fever, small-pox, typhoid fever, or cholera, unless you must.

457. Don't permit nurses or servants to visit their friends while you or they have a patient sick with a communicable disease.

458. Don't send letters from the sick-room.

459. Don't visit friends if you have a patient in the house affected with a contagious or infectious disease.

460. Don't enter a sick-room of this class of patients when you are over-heated, tired or hungry.

461. Don't send your children to a school visited by children who have relatives sick with communicable diseases.

462. Don't stand between the patient and a fire-place, window or door.

463. Don't carry anything from the sick-room with you ; not even flowers.

464. Don't neglect to change all of your clothes, and to thoroughly wash your hair and beard before making another visit.

465. Don't eat or drink any of the patient's food.

466. Don't expose yourself with a person suffering from small-pox, scarlet, typhoid or yellow fever, measles, diphtheria, or any other infectious disease ; but if you have done so inadvertently or of necessity, strip yourself as soon as possible, take a warm bath, employing carbolized or borated soap ; carefully wash the whole surface of the body, and rinse the mouth and nostrils immediately with a solution of hypermanganate of potash, two grains to the ounce, and change all of your garments. Send the clothes you have worn to be disinfected by over-heated steam for at least an hour in a temperature of 115 degrees Centigrade (263 Fahrenheit). After the bath, take a small quantity of alcohol, and if constipated, a good dose of castor oil, with a few drops of turpentine.

467. Don't touch the hide, wool or flesh of an herbivorous animal dead of splenic fever ; if you have

done so and find a black spot presenting itself (malignant pustule appears most frequently on the lips), apply thereto a paste made of quinine and oil of turpentine ; remove this paste every three hours and apply a fresh quantity. Before making a new application of paste, wash the sore with a five per cent. solution of hypermanganate of potash, all of which contributes to killing the anthrax bacillus.

468. Don't imagine that vaccination is an absolute safeguard against small-pox.

469. Don't decry vaccination because in a few isolated instances it does not prevent small-pox.

470. Don't allow humanized vaccine to be used in vaccination.

471. Don't take it for granted that a vaccine-scab, taken from an apparently healthy child, must necessarily be free from the taint of heredity.

472. Don't overlook the importance of even a slight attack of diarrhœa, in cholera times.

473. Don't forget that cholera is propagated by infected water and food, especially fruit and vegetables.

474. Don't fail to *burn* the patient's garments, and

everything else he has come in contact with, after the communicable disease is over.

ORGANS OF RESPIRATION.

475. Don't neglect a "common cold" in the very beginning, as it may lead to rheumatism, bronchitis, pleurisy or even fatal pneumonia. At bed-time take a hot mustard foot-bath, followed by hot lemonade, six grains of quinine or ten grains of Dover's powder, and cover yourself thoroughly. If you are not perfectly well in the morning, remain abed and send for your physician. If not within reach of a physician, take Epsom or Rochelle salts or Citrate of Magnesia, until free effect is produced. Drink copiously of flax-seed or slippery-elm tea, and take a quarter- or half-teaspoonful of syrup of ipecac every two or three hours, with a grain or two of quinine. Paint the upper part of the chest with strong tincture of iodine, or rub it thoroughly with oil of turpentine.

476. Don't forget the old maxim: "Feed a cold, and starve a fever." When both are present, let your physician decide the proper course to pursue.

477. Don't allow a person suffering with pulmonary consumption to sleep in the same room or remain

therein long with healthy persons. While physicians do not agree on the contagious character of consumption, it is well to remember that Koch's bacillus tuberculosis is very tenacious of life, and if Koch's experiments prove anything, his bacilli are able to find their way into healthy lungs and there reproduce themselves.

478. Don't, if you consider consumption a contagious disease, allow the dwelling in which a person died thereof, to be used by healthy people, unless the walls and wood-work have been scrubbed and all of the rooms thoroughly disinfected by chlorine gas or super-heated steam, and subsequently freely ventilated for some weeks. Even when the contagious character of consumption is not admitted, it will be wise to remember that numbers of people have died of consumption who have successively occupied the same closely and never properly disinfected dwellings.

479. Don't be so cruel as to send a hopeless case of consumption to die away from home. Not every consumptive patient must die soon. (During the years that I lived in the mountains of Central America I had a large number of patients, whose phthisical lungs

could not have allowed them to live elsewhere, even a few months).

THE EYE.

480. Don't confound an oculist (specialist in diseases of the eye) with a spectacle-seller.

481. Don't imagine that spectacles, properly adjusted by an oculist, do anything but preserve the sight.

482. Don't neglect to heed the experience which many have suffered in having their digestions destroyed by pills of a quack, and deduce therefrom that the optician's clerk may spoil your eyes for life by his inexpert selection of glasses for you.

483. Don't deem French hygienists ultra-careful in requiring vendors of spectacles to be subjected to the same rules that govern druggists ; they are not allowed to serve their customers without physician's prescriptions.

484. Don't wear spectacles that do not exactly correct your degree of visual defect. The glass should be neither too weak nor too strong.

485. Don't wear goggles except in very dusty places,

or where the eyes could be injured by flying sparks or metallic particles.

486. Don't fail, when wearing goggles, to raise them from the eyes frequently, that they may receive a supply of fresh air and relieve them from the poultice formed by exhalations retained by the goggles.

487. Don't imagine that because only one eye is inflamed, the other may be exposed to strong light with impunity. (The visual nerves cross and intermingle within the skull ; consequently irritation of one eye is very prone to affect the other.)

488. Don't imagine that it is funny to evert the lids and poke your fingers into the eye ; it is disgusting and dangerous,

489. Don't keep your babes in dark rooms, unless so ordered by your physician ; the eye, like every other organ, has to be exercised and accustomed to its work by practice.

490. Don't lose a moment in obtaining professional services when a new-born babe presents a discharge from the eyes, remembering that the discharges from the eyes may result in total blindness in less than twenty-four hours.

491. Don't allow children affected with eye-troubles to sleep with healthy children, who might become infected.

492. Don't neglect to seek professional advice whenever there is a copious and especially a purulent discharge from your eyes.

493. Don't allow any alteration in your sight to pass unobserved without seeking competent advice; in many cases this is one of the first symptoms of general constitutional derangement, or the results of a faulty mode of life (indulgence in alcohol, tobacco, excessive food, unhealthy surroundings).

494. Don't overlook the fact that the very common affection called "granulated lids" (trachoma) is most frequent in overcrowded tenement houses, barracks, badly conducted hospitals and damp private dwellings.

495. Don't overlook the fact that mismanagement, foul air or any incidental disease, can convert the most innocent catarrh of the eye into an infectious, dangerous disease.

496. Don't expose yourself to the glare of white light of great intensity, such as is reflected from snow fields or chalk rocks. Blue glasses should be worn

under such circumstances, as a protection against temporary blindness, or night-blindness which may result. Many oculists contend that the greater frequency of cataract in rural populations is the result of exposure to the luminous rays of the sun.

497. Don't conclude that from its character, electric light can injure only the eyes, but take heed from the fact that people who work continuously and unprotected in the glare of electric light have contracted *erethema* of the skin.

498. Don't work or strain your eyes in electric light unless you are protected from its glare by uranium glass, which absorbs the ultra-brilliant or chemical rays, most abundant in electric light (which affect not only the optic nerve, but the anterior tissues of the ball and its liquid media).

499. Don't allow your children to frequent schools that are insufficiently lighted or admit light through ground glass.

500. Don't read, write or work on small objects with insufficient light or in twilight, nor in rooms where you receive the day-light broken or irregularly dispersed through ground-glass windows, or in artificial

light that comes to you through ground-glass globes.

501. Don't read while lying down.

502. Don't write or read unless you can distinctly see what is before you.

503. Don't read, write, or do any delicate work unless receiving the light from the left side.

504. Don't read in street-cars or other jolting vehicles.

505. Don't imagine that the eye does not do physical labor or that it cannot become tired ; the effort of focussing distant objects and near ones is certainly very great, as can be seen in works on physiology.

506. Don't allow any person suffering from even ever so slight a discharge from the eyes to use the same wash-basin or towels that another employs.

507. Don't sleep in a hot or badly-ventilated room when suffering from any eye trouble.

508. Don't imagine that the eyes can be benefited by holding them open under fresh water.

509. Don't fear to open your eyes under salt water.

510. Don't forget that tears are salty, and the natural lubricants of the eye, therefore moderately salt water cannot injure it.

511. Don't use anything to convey water to your eyes except your hands, scrupulously washed, or a clean handkerchief.

512. Don't neglect to clean and bathe your eyes as often as they are filled with dust or covered with perspiration ; use preferably, soft, tepid water that has been filtered and boiled and add thereto a small quantity of salt, remembering that tears, the natural lubricant of the eyes, are salty.

513. Don't injure your eyes by applying animal or vegetable matter, that might decompose there and produce disease.

514. Don't believe that saliva or urine applied to the eye can ever do anything but injure it.

515. Don't attempt to remove foreign bodies from a patient's eye with your tongue.

516. Don't try to remove foreign bodies that have become imbedded in any part of the eye ; until your physician arrives or can be reached, wash the eye with hot water, or if obtainable, a saturated solution of boracic acid, as hot as can be borne.

517. Don't endeavor to remove foreign bodies that lie loosely in the eye (dirt, sand), otherwise than as

follows : Press the finger on the lower lid ; turning the finger down slightly everts the lid while the patient looks as high up as he can. If the foreign body be seen, it may then be wiped off with a soft, clean handkerchief, or better, antiseptic cotton. If the foreign body is under the upper lid, grasp the lashes with the thumb and forefinger ; lift the lid from the eye-ball, and draw this firmly down outside the lower lid. Then allow it to slide slowly back so that the lashes of the lower lid sweep over its entire inner surface. If this does not remove the body after several attempts, then grasp the lashes, ordering the patient to look *down*, and rest the point of a pencil on the middle of the lid that you have drawn down. As soon as the pencil rests there, turn the lid upward and you will be surprised to note how easily it is everted. Drop the pencil and hold the lid in that position while you seek for the foreign body, which then can be readily removed, if not tightly imbedded. When removed, continue to hold the lid in the same position and order the patient to look up ; as soon as he does so, relax your hold and the lid will return to its proper position.

518. Don't believe that the use of an eye-stone is free from danger.

519. Don't neglect to take your child to an oculist as soon as you observe that it squints.

520. Don't imagine that every case of squint requires an operation; the early use of proper glasses may correct the defect before operative interference is necessary.

521. Don't use atropine (active principle of belladonna) to give your eyes a large, lustrous appearance. This is a beautifier permissible only in people whose death would be desirable for themselves and the community—provided they will not reform.

522. Don't trust anyone who claims the ability to give you drugs that will remove scars from the eye, or elsewhere.

523. Don't allow yourself to believe that the eye has ever been taken out, laid on the cheek, "scraped and put back again." An eye thus treated would be blind forever.

THE EAR.

524. Don't attempt to clean the ears with anything but the tip of the little finger.

525. Don't box a child's ears, unless you wish to risk breaking the drum or injuring the small bones that play so important a part in the mechanism of hearing.

526. Don't kiss on the ear; it is possible thus to exhaust the air from the external auditory canal to such an extent as to burst the drum or at least seriously injure its tension.

527. Don't attempt to pick insects out of the ear; endeavor to kill them by inserting a piece of cotton-wool soaked in a solution of salt or vinegar, plugging the ear entirely. Then lie the patient on the affected side and instruct him to press the hand firmly on the ear. As soon as the noise and irritation cease, the plug may be withdrawn, when the insect will probably be found imbedded in it. Nor should you endeavor to remove foreign bodies from the ear otherwise than by injections (continuous stream of fountain syringe) of warm water.

528. Don't forget the possibility of injuring the eardrum by soaking it, in consequence of excessive use of hot water injections.

529. Don't deem ear-wax unclean. Its purpose is to

lubricate the ear, and to prevent small bodies or insects penetrating too deeply.

530. Don't attempt to remove hardened ear-wax by picking it out. If you cannot reach a physician, when hardened ear-wax becomes troublesome or painful, you may gently inject (preferably by means of a fountain syringe) large quantities of warm water, to each pint of which half an ounce of bicarbonate of soda has been added. This will convert the wax into a soap which will run out with the water.

531. Don't bend the affected side when injecting the ear, otherwise than towards the floor, so as to permit the injection to flow out readily.

532. Don't employ any force whatever in injecting water into the ear.

533. Don't perform feats of legerdemain which might cause children to believe that you insert anything into your ear. The desire for imitation might cause them to really put articles into their ears, and thus work irreparable damage.

THE NOSE.

534. Don't endeavor to remove substances from the nose with hair-pins, pins, or anything else. The

natural secretions will do all that is necessary in a healthy person ; when disease requires mechanical assistance, the surgeon is the one to render it.

535. Don't keep the mouth closed when using the nasal douche ; by following this rule you cause the substance injected into one nostril to flow freely out of the other.

536. Don't hold the head otherwise than bent far forward when using the nasal douche ; otherwise the liquid used may flow into the throat.

537. Don't tear the hairs out of the nose. They are placed there to keep out foreign bodies, and if removed will afterwards grow strong and unsightly.

BRAIN AND NERVOUS SYSTEM.

538. Don't condemn a person suffering with an imaginary disease as a malingerer or a hypocrite, because he usually suffers far more than would a person really affected with the disease.

539. Don't overlook the influence of the emotions on the body ; remember that a child's physical condition can be ruined by such an apparent trifle as an instant's fright.

540. Don't conclude that every person who staggers is intoxicated. The term "tight," for drunkenness is a remarkably incorrect one, for the motions of a person suffering with alcoholic intoxication, show a marked looseness. A really "tight" person is one suffering with locomotor ataxia, whose walk is stiff, irregular and shows that his every motion is at variance with his intentions. It is surprising to note the number of patients with locomotor ataxia, who are arrested as inebriates.

541. Don't carry out any threat of harsh treatment with a case you consider hysterical unconsciousness; if threats do not suffice, the case requires professional services.

542. Don't imagine that hysterical unconsciousness, or convulsions, are the result of "innate cussedness;" they require careful treatment to prevent their recurrence.

543. Don't hastily designate a case as hysterical. To properly define "hysteria" would require a book at least one hundred times the size of this one.

544. Don't allow an epileptic to be alone, even when apparently in perfect health.

545. Don't, as a rule, attempt to cure an insane person anywhere but in an asylum.

546. Don't overlook the importance of the symptom of vomiting after an injury to the head or spine.

547. Don't leave the bath-room unlocked when not in use if a patient with any kind of delusion is in the house.

548. Don't allow a vulgar, profane or immoral person to come in contact with patients, especially not those suffering with mental or nervous disorders.

549. Don't forget that patients addicted to any of the vices (alcohol-habit, opium, chloral, cocaine and others) have lost their will-power; no matter how much they may desire to reform, they cannot resist the temptation to cajole, bribe, threaten or assault people to induce them to pander to their vice, whatever it may be. Take particular care that such persons do not come into contact with servants or others, who might be led to yield to their desires.

550. Don't fear to offend a patient addicted to any of the previous habits (alcoholism, opium, chloral, quinine, and others), but examine all possible places

and even all improbable ones, where he may have concealed the means of gratifying his vice.

551. Don't imagine that for any reason you are capable of diagnosing insanity ; remember that physicians, specialists and experts at that, often find it difficult to do so.

552. Don't, if it falls to your lot to care for a mentally afflicted person, fail to familiarize yourself with the concealed characteristics of the principal forms of insanity. When the diagnosis has been made, remember that :

Melancholiacs have frequently a tendency to suicide, and particularly by starvation ;

Maniacs are often homicidal or destructive ;

The monomaniac can exercise duplicity to a wonderful degree, and may for a time conceal his delusion ;

The "dement" is prone to be filthy in his habits, even to the extent of eating and drinking excrementitious matter ;

An insane epileptic may suddenly spring from apparent peace and serenity into the most dangerous maniacal paroxysms ;

The hysterical insane often make false or pseudo-

attempts at suicide and sometimes the attempt becomes real without the patient so intending it ;

A patient suffering with general paralysis of the insane, though frequently very weak, has delusions of strength and grandeur, and is liable to become pugnacious.

553. Don't overlook the possibility of the principal accidents that are likely to occur to insane patients ; many of them have weak heart, degenerated liver or kidneys, some have lung-troubles, and often their bones are very brittle ; such patients must be handled very carefully, lest serious injury be caused them, and they must be particularly watched, that they do not inadvertently, cause themselves serious injury, for which the attendants are apt to be blamed.

554. Don't conclude, without careful investigation, that accidents, such as fractures, injuries, even deaths occurring among the insane, apparently from violence, are caused by mal-treatment on the part of the attendants.

555. Don't conclude because a patient has the "insane ear" (haematoma auris) that he has received an injury to it, because in some cases of general

paralysis of the insane it is one of the evidences of degeneration, and by no means the consequence of injury, falls or blows.

556. Don't disregard the fact that serious injuries may result from even careful handling of an insane patient; the frail, brittle ribs may easily break from mere efforts used to prevent a patient from injuring himself.

557. Don't ignore the fact that some patients have the delusion, generally in religious manias, that it is their duty to mutilate themselves—as to pluck out an eye as it has offended, or that it behooves them to cut off the right hand, and that they will employ the most ingenious means to accomplish their ends.

558. Don't overlook the fact that the insane can simulate sanity and insanity, so that in the latter case it is often difficult to draw the dividing line between the real and simulated mental condition.

559. Don't forget that nearly all forms of insanity can be complicated by hysteria.

560. Don't continue to employ a nurse for an insane person unless he or she is firm, but forbearing, prompt but not hasty, courageous but not aggressive, full of

tact but employing no deceit, and beyond all, not demonstrative or "fussy."

561. Don't infer that because the patient is insane he cannot perceive the deceit or duplicity in those with whom he comes in contact.

562. Don't encourage an insane patient in, or ridicule him because of his delusions.

563. Don't allow a person suffering with suicidal monomania to be alone an instant day or night; remember that such patients have killed themselves, employing more shrewdness than sane people could conjure up; thus cases are on record of monomaniacs hanging themselves by shoe-strings or apron strings from door knobs, by employing sheets, bed-ropes, bed-clothes—as far as even garters,—to the same end. Mills' in "*Nursing and Care of the Insane*," tells of a patient who endeavored to commit suicide by ligating his tongue, and in the writer's experience are two similar cases; the means employed to the same end would hardly bear recital in a book for the general public. Monomaniacs have drowned themselves in slop-pails and wash-basins. An excellent illustration of the shrewdness with which suicidal monomani-

acs can accomplish their ends occurred in a case in which the writer was called for surgical assistance by the physician. This patient, an excellent physician, and apparently perfectly sane on all subjects except the desire to kill himself, had been saved from the result of eating matches, poisoning by belladonna, poisoning by ammonia, stabs by scissors and knives, injuring the carotid artery with a thumb lancet, slitting the brachial artery with a razor, several gunshot wounds—in an unwatched moment broke a pane of glass and, with a segment thereof, ripped open his entire abdomen, so that the contents thereof hung to the floor from the chair on which he sat. He seemed delighted with the idea that he had eluded the vigilance of his nurses, and died glorying at his success.

564. Don't disregard the warning of nervous derangement or error of habit, manifested in the tendency to sleep at other hours than natural ones.

ELECTRICITY.

565. Don't employ Faradism, Franklinism, Galvanism, or any other of the forms of electricity, unless under your physician's directions ; remember that the owner of a battery, a nurse, or a battery-maker, is as

little entitled to prescribe its use, or to apply it, as has a carpenter the right to plan the erection of a large and complicated edifice.

566. Don't imagine that any benefit can result from the use of sudden, violent, electric shocks, except in narcotic poisonings, and then they may kill if not intelligently administered

567. Don't endanger the plumbing of your house by emptying battery-fluid into the sinks, washbowls, etc.

568. Don't use electricity to the extent of twisting or knotting the muscles beyond voluntary control.

569. Don't think that any prowess is manifested or benefit derived from the abuse of electrical batteries in the manner that you are invited to, at public fairs and pleasure resorts.

570. Don't apply electricity to the head, neck or abdomen, as strongly as to the other parts of the body; remember that a patient's sight can be forever destroyed by the incautious use of the current.

571. Don't use a sponge-electrode, or other electrode, that is not perfectly clean.

572. Don't forget that dry electrodes expend the

electric currents on the skin, while wet electrodes make the skin part of themselves and supply the deeper tissues with the current (Duchenne).

573. Don't employ electricity after meals.

574. Don't apply electricity to a limb, unless it is entirely relaxed ; that is, not to a leg while the patient stands on it, or holds it stiffly drawn, nor to an arm firmly extended, etc.

575. Don't leave the zinc in an electric battery longer than necessary for use.

576. Don't cover the open cells of a battery immediately after using, but allow the battery to stand uncovered for a few minutes, to permit the escape of the gases generated by chemical action ; if the battery is covered immediately, the gases are retained, and the chemical action continues unnecessarily, consuming the zinc and the fluids, and thus the battery is weakened.

SOME POPULAR ERRORS.

577. Don't confound medical societies with trade-unions ; they are not devoted to physician's financial interests, but their meetings are held mainly for the

interchange of experiences in the prevention and scientific treatment of disease.

578. Don't imagine that hospitals are erected as places devoted to experimenting on suffering humanity.

579. Don't imagine that the ultra-familiar names of diseases and symptoms are at all significant of their character ; the ancients devised names in the main fanciful, or perhaps in accord with the ancient idea of harmony.

580. Don't imagine that a healthy person ever requires medicine.

581. Don't accept the silly idea that a person can be kept in health by taking drugs.

582. Don't allow yourself to be bled or made sick by taking medicines in the spring.

583. Don't conclude because a small quantity of a drug has relieved you, a larger quantity of the same will cure you ; it may kill you.

584. Don't kill a dog who has bitten anyone ; rather wait to see whether he developes madness.

585. Don't believe that "the hair of the dog will cure its bite."

586. Don't imagine that physicians employ long words to mystify laymen ; truth is, technical words are used for the sake of brevity and conciseness ; it is easier and more concise to call "the muscle which raises the shoulder-blade," *levator scapulæ*.

587. Don't imagine that a cough, if neglected, can produce consumption ; cough is a symptom of many troubles, consumption included.

588. Don't imagine that living in the stench of a stable is conducive to health ; if stablemen were not healthy and strong they would be unable to withstand the putrefying particles that enter their lungs.

589. Don't call fever a disease ; it is a symptom ; that is, one of the manifestations common to many diseases.

590. Don't imagine that anæmia is a disease by itself ; the pallor and debility show that the blood is impoverished by some cause which must be sought and removed.

591. Don't try to stop bleedings of any kind by amulets, incantations or nonsensical verses.

592. Don't believe that you can cause warts to disappear by touching them with a piece of stolen meat,

burying it at midnight or any other time ; have your physician remove them with nitric acid or whatever he may deem best.

593. Don't torture your liver with blue-mass, podophyllin or other so-called cholagogues, unless your physician decides that they are necessary.

594. Don't imagine that because you have been in the habit of "stirring up the liver," that you cannot stop it to your advantage.

595. Don't believe that any drugs will travel through the blood and pick out poisonous particles therefrom.

596. Don't imagine that blood-letting can be employed to allow only "bad blood" to escape.

597. Don't imagine because a disease is pronounced incurable that it is beyond relief.

598. Don't believe that the state of the moon exercises any influence upon diseases except imaginary ones.

599. Don't imagine that left-handedness is a defect ; while the superior development of the left side of the brain seems to indicate that the right side which it governs is chosen to perform greater and better func-

tions, it is proven by many instances that the left side of the body is susceptible to equal development. The writer holds the opinion that the conventionality which causes us to urge our children to become right-handed is an injury to them, as it prevents them from becoming ambidextrous (able to use the right and left hand equally).

CONCLUSION.

600. Don't think that after memorizing and thoroughly understanding the contents of this book, you know all you should *not* do to preserve health, to abbreviate illness, and to prolong life. Doubtless it contains many apparent contradictions, and an appalling quantity of crudities of expression; the former may be attributed to the difficulty most medical writers have in simplifying medical ideas, and the latter, the author feels are true. He throws himself upon the leniency of his readers, and hopes that the sales of this book will cause him or some better writer to treat the subject more exhaustively in the future.

To cover the event of a second edition of this book being called for, the author requests all readers, and

especially physicians, to send him notes of such matters which he may have overlooked, or was compelled to omit by the size of this edition.

The solicited contributions will be duly credited to their authors, if permission to that effect is given.

Meanwhile, if a single pain be spared, if a life, even that of the lowliest in the world, be saved in consequence of what this little book contains, the author's labors will not have been in vain.

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THE END.





